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CAN TRUMP PARDON HIMSELF?

Top legal experts say no. 6

Healthy summer foods. 24

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As politicians blame each other for the disrepair of the MTA, daily riders find themselves suffering the consequences of subway breakdowns. 4

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ERIN TIERNAN, WEB REPORTER

A Tennessee judge wants to sterilize drug offenders in exchange for lighter sentences because he says too many babies are being born addicted to drugs. Read more at **metro.us/news.**

PARENTS OF UK BABY AGREE TO LET HIM DIE

The parents of Charlie Gard tearfully gave up their legal battle to keep their terminally ill baby alive on Monday, saying his condition had deteriorated too far for any possible recovery, in a case they said had touched the world. The parents said their 11-month-old son might have been able to live normally if he had received experimental U.S. treatment earlier but too much time had been

"wasted." "We have decided to let our son go," his mother Connie Yates told London's High Court, where a judge had been due to hear final arguments as to why a hospital should not turn off life support. "Charlie did have a real chance of getting better. Now we will never know what would have happened if he got treatment."

ISRAEL TO REPLACE METAL DETECTORS IN JERUSALEM

Israel on Tuesday decided to remove metal detectors it had placed at the entrance to a holy site in Jerusalem's Old City with other, less obtrusive surveillance means, a cabinet statement said. Prime Minister Benjamin Netanyahu's cabinet voted to remove the metal detector gates after a meeting lasting several hours convening for a second time on Monday after they had broken off discussions

a day earlier. Tensions escalated sharply since Israel installed the metal detectors at entry points to Al-Aqsa mosque compound in Jerusalem after two police guards were shot dead by gunmen there on July 14.

5 THINGS YOU NEED TO KNOW

KUSHNER DENIES COLLUSION

Jared Kushner, President Donald Trump's son-in-law and a senior White House adviser, told Senate investigators on Monday he had met with Russian officials four times last year but said he did not collude with Moscow to influence the 2016 U.S. election. A businessman like Trump, Kushner portrayed himself as new to politics when he became a top adviser to Trump's campaign.

DRIVER DENIES HE KNEW IMMIGRANTS WERE INSIDE

A man charged in Texas with transporting unauthorized immigrants in a stifling truck told investigators he had no idea that they were inside until he stopped and found dozens of dead and dehydrated people in the back, court papers showed on Monday. James Matthew Bradley Jr., 60, was arrested on Sunday and could face the death penalty after authorities found eight men dead in the back of his tractor trailer truck parked outside a Walmart store in San Antonio. Scores of other immigrants, including children, suffering from dehydration and heat stroke, were also inside. Two of them later died after being hospitalized, bringing the death toll to 10. One of the immigrants aboard later described to investigators unbearable conditions inside the crowded, pitch-black interior.

AMAZON TO MEET WITH US RANCHERS

Amazon.com Inc. plans to meet on Wednesday with a dozen U.S. ranchers, seeking to expand distribution of organic and grass-fed meats as it takes over Whole Foods Market Inc., according to the meeting's organizer. Analysts and investors have speculated that Amazon is aiming to combine its expertise in order fulfillment with the grocer's facilities to build out delivery of fresh food, but the online retailer has not yet detailed its plans. Amazon visited Georgia grass-fed meat producer White Oak Pastures in March, 2½ months before announcing the $13.7 billion Whole Foods takeover, to discuss a possible distribution deal, White Oak owner Will Harris told Reuters. The retailer later asked the farmer to invite other U.S. livestock producers to discuss distribution of organic and grass-fed meat, Harris said.

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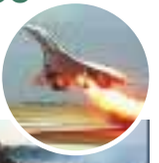

Air France Flight 4590, a Concorde supersonic passenger jet, F-BTSC, crashes just after takeoff from Paris killing all 109 aboard and four on the ground.

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‘Riders have every right to be frustrated’ with MTA: Mayor

The lines between Cuomo and Lhota and de Blasio are drawn, but will straphangers get caught in the middle?

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

The battle between Mayor Bill de Blasio and Gov. Andrew Cuomo over New York’s embattled MTA and the city’s aged subway system rages on.

In a one-two punch, the mayor first blasted the governor and new MTA Chairman Joe Lhota while riding an F train in Brooklyn on Sunday, which preceded Monday’s release of a five-point list titled “What New York City Riders Deserve from Governor Cuomo’s Subway Turnaround Plan.”

“Riders have every right to be frustrated,” de Blasio said, adding that in the past five years, delays on the subway have “more than doubled, from around 28,000 per month in 2012 to more than 70,000 per month today.” He also said that just 63 percent of trains run on time, a 15 percent decrease since 2012.

According to de Blasio, who has recently been spotted on the subway much more since Cuomo declared a state of emergency for the MTA late last month, the five points New Yorkers deserve to see are:

• **Immediate relief for riders**

What this means: Exactly what it sounds like, that the MTA needs to announce and implement service and reliability improvements ASAP.

• **Public performance goals and standards**

What this means: The MTA should regularly measure and report rush-hour wait times and how many times a train is too crowded to board while also ensuring all trains have functioning air conditioning in the summer, every station is staffed and straphangers are not stuck on trains for “more than a few minutes as a result of maintenance issues, especially without knowing what is happening.”

• **Clear accountability for continual improvement.**

What this means: The MTA should track line and station rush-hour and non-rush-hour performance and hold supervisors accountable.

Mayor Bill de Blasio released a list of what New Yorkers deserve from the MTA and Gov. Andrew Cuomo. MAYORAL PHOTO OFFICE/ED REED

• **An efficient and fair MTA budget and reallocation of resources toward core needs.**

What this means: The MTA should accelerate available funds and reallocate money for less-critical initiatives, which the mayor cited as lights on bridges, “aesthetic portions of station enhancements or bureaucratic staffing that does not impact customer service.”

• **A meaningful state commitment to the needs of subway riders.**

What this means: De Blasio wants Cuomo to return $450 million taken from the MTA for the state’s general fund in 2011 and offer an ETA on how and when the $1 billion promised during his emergency declaration will be available.

“It’s time for the MTA to level with its New York City riders,” de Blasio concluded.

Lhota, who will soon release a 30-day review of the transit system per Cuomo’s state of emergency plan, told the New York Post that de Blasio’s “political posturing and photo ops are getting silly.”

“What we need right now is for leaders to step up and work together, not hastily thrown together press releases drafted to score cheap political points — New Yorkers deserve better,” Lhota said.

Did you know you can attend the MTA’s monthly meeting?

Instead of sounding off on social media about the near-daily issues you experience with the MTA, did you know you can actually tell the agency your thoughts the old-fashioned way? Yes, we mean face-to-face?

Around the third week of almost every month, the MTA holds a board meeting at its headquarters at 2 Broadway in the Financial District. The meeting is open to the public, and takes place in its boardroom on the 20th floor.

July’s meeting takes place on Wednesday, and will include updates on operations performance, reports on financials and ridership and votes on contracts and any upcoming service changes.

But before any of that gets covered, the public will have a chance to speak its mind about all agenda items, which, along with meeting dates, are announced in advance.

Any New Yorker interested in speaking before the MTA board should arrive at least 15 minutes before a particular committee meeting or 30 minutes before a board meeting to register. Registration is only in-person, not online, and each registered public speaker is given the floor for two minutes.

New Yorkers will also be subjected to a security screening upon entering the MTA building prior to attending the meetings.

As there is no meeting in August, the next MTA meeting after Wednesday’s is on Monday, Sept. 25.

Since it may be hard for many New Yorkers to attend the meetings as they are held during normal business hours, the MTA offers a live stream of the entire meeting on its YouTube page. NIKKI M. MASCALI

Air your MTA grievances the old-fashioned way: in-person at the agency’s monthly board meeting. FLICKR/MTA

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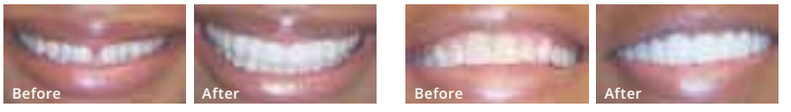

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Can President Trump pardon himself? Nope, top legal experts have now said

Three of the nation's top constitutional law and White House ethics experts, and a member of the House Judiciary during Watergate, point to precedent dating back centuries.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

President Trump's administration has recently found itself in the middle of a discussion about a president's ability to grant pardons. GETTY IMAGES

After last week's New York Times report last week that President Trump was asking his legal team about his ability to pardon his associates, his family and himself, the question arose: Could Trump personally escape charges in the Russia investigation with an unprecedented self-pardon? The argument: The Constitution's section on presidential pardons doesn't explicitly say that he can't.

The president himself tweeted, "While all agree the U. S. President has the complete power to pardon, why think of that when only crime so far is LEAKS against us. FAKE NEWS."

But agreement couldn't be further than universal. And over the weekend, several significant opinions and one precedent emerged stating that presidential pardon power is the opposite of complete — and that the Constitution is clear that the president can't pardon himself.

"The Constitution specifically bars the president from using the pardon power to prevent his own impeachment and removal," said a trio including the nation's top constitutional scholar and two top White House ethics experts — Harvard constitutional law professor Lawrence Tribe, former Bush White House ethics chief Richard Painter, and former Obama White House ethics chief Norm Eisen — in a Washington Post op-ed on Friday.

Their main argument: "Any official removed through impeachment remains fully subject to criminal prosecution. That provision would make no sense if the president could pardon himself … Self-pardon under this rubric is impossible."

> *"The Constitution specifically bars the president from using the pardon power to prevent his own impeachment and removal."*
>
> Lawrence Tribe, Richard Painter and Norm Eisen

The trio added there isn't a single case in history when a self-pardon was revealed to be legitimate, going back to a 1610 case that is the foundation of the Anglo-American legal tradition against self-dealing.

A recently uncovered 1974 memo produced by the Office of Legal Counsel during the Watergate investigation warned President Richard Nixon that there was a "fundamental rule that no one may be a judge in his own case, and the president cannot pardon himself."

Elizabeth Holtzman, a former New York congresswoman who served on the House Judiciary Committee during Watergate, agreed in her own Washington Post piece. Her argument: During the Constitutional Convention, an amendment specifying that a president could not grant pardons in cases of treason — with the intent to discourage presidents from committing treason — was knocked down as unnecessary because a president guilty of that crime would be impeached and prosecuted. "The Constitution specifically provides for 'indictment, trial … and punishment' of a president under the criminal laws, in addition to impeachment," she wrote.

On Sunday, Trump attorney Jay Sekulow and communications director Anthony Scaramucci denied that the president had asked about his pardon power.

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The remains of Pvt. Joseph C. Carbone, a Marine from Brooklyn, have been accounted for, 74 years after he was killed during WWII. ISTOCK

Brooklyn Marine identified 74 years after being killed during WWII

Pvt. Joseph C. Carbone died during the Battle of Tarawa on Nov. 20, 1943.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

The remains of a Marine who was killed in action during America's first conflict in the Pacific Theater of World War II have been identified as those of Pvt. Joseph C. Carbone of Brooklyn,the Pentagon announced Friday.

Carbone, who was assigned to Company K, 3rd Battalion, 2nd Marines and 2nd Marine Division, was killed during the first day of fighting in the Battle of Tarawa on Nov. 20, 1943.

The Battle of Tarawa took place on the Tarawa Atoll in the Gilbert Islands, which is between Papua New Guinea and Hawaii and was the first U.S. attack in the Pacific during WWII.

About 6,400 Japanese, Korean and American soldiers were killed during the three-day conflict. The Pentagon said that 1,000 U.S. Marines were among the dead, and more than 2,000 were wounded.

According to Carbone's page on TogetherWeServed.com, the unaccounted U.S. casualties in the Battle of Tarawa were buried in small cemeteries on the small atoll. After the war ended, graves registration teams "found an enormous mess and very few remains" as the graves were moved due to expansion of the military base on the island. As such, many remains had no identification or identifying features and were left behind.

Carbone's name appears on Court 2 of the Courts of the Missing at the Honolulu Memorial in the National Memorial Cemetery of the Pacific, according to the website of the American Battle Monuments Commission. To show that he has now been accounted for, a rosette will be placed next to his name.

The Pentagon said that Carbone's burial services are pending.

TRUMP HOTEL BAN

Congressman proposes ban on government use of Trump hotels

A Democratic member of the U.S. House of Representatives proposed legislation on Monday to bar the U.S. government from renting rooms at President Donald Trump's hotels for official business.

"Donald Trump should not be allowed to line his or his family's pockets with taxpayer dollars," Representative Don Beyer of Virginia said in a statement.

He said the amendments he was introducing to a spending bill were necessary because of the Republican president's "unprecedented failure to divest from his business, and the ongoing entanglement between the Trump Organization and the White House."

Republicans control the House and the Senate.

The White House did not immediately respond to a request for comment.

Last month, the attorneys general of Maryland and the District of Columbia filed a lawsuit alleging that government payments to Trump's businesses violated the U.S. Constitution. REUTERS

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Your dog-sitting app is probably illegal in NYC

Councilman Corey Johnson said the city law is "crazy," "antiquated" and "not practical" and vowed to change the rules with legislation.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

If you rely on dog-sitting apps in New York City, you are pretty much breaking the law. ISTOCK

Talk about a ruff turn of events. The apps that many New Yorkers use to ensure their fur-kids are taken care of are actually illegal per an obscure city law, the New York Daily News reported.

The law put in place by the city's Department of Health and Mental Hygiene states that it is against the law for anyone outside a certified kennel to accept money for boarding or walking a dog.

And yes, that includes apps like Rover and its recently acquired subsidiary, DogVacay, which helps pet owners find nearby sitters, dog walkers, boarders, day care facilities and drop-in visits.

In October, Thomas Merrill, the DOH's general counsel, sent a letter to DogVacay ordering it to require that its sitters provide proof of a license before joining since they would be breaking the law if they didn't, but the app did not comply, the Daily News reported. DogVacay was not yet owned by Rover,

"To ensure the health and safety of pets and reduce risks to public health, the NYC Health Code requires certain businesses to obtain a Health Department permit and comply with necessary regulations — this includes animal boarding facilities and kennels," DOH spokesman Julien Martinez said. "We also conduct inspections of these facilities to make sure animals would be secure and safe."

However, Corey Johnson, chair of the City Council's health committee, called the law "crazy," "antiquated" and "not practical" and vowed to change the rules with legislation.

Metro reached out to Rover for comment, but did not hear back as of press time.

HEALTHCARE

Trump pleads with Republicans to roll back Obamacare

President Donald Trump made a last-ditch plea to U.S. Senate Republicans on Monday to "do the right thing" and fulfill seven years of campaign promises to repeal and replace former Barack Obama's signature healthcare law.

The Senate will vote on Tuesday on whether to open debate on an overhaul of the law, with Senate Majority Leader Mitch McConnell promising an open amendment process and a "robust" debate.

"To every member of the Senate I say this: The American people have waited long enough. There's been enough talk, and no action. Now is the time for action," Trump said on Monday at the White House.

Standing in front of families that he said had been hurt by the law popularly known as Obamacare, Trump said, "So far, Senate Republicans have not done their job in ending the Obamacare nightmare."

Even as it remained unclear on Monday whether McConnell had enough votes in the Senate to open debate, he said the vote would take place regardless.

"I know many of us have waited years for this moment to finally arrive. And, at long last, it finally has. I would urge every colleague to join me," McConnell said.

One Republican senator who will likely miss the vote is John McCain, who has been diagnosed with brain cancer and is at home weighing treatment options.

While some in the Senate leadership had expressed hope that McCain might return to support moving forward on the healthcare bill, Sen. Orrin Hatch on Monday said he did not expect McCain to be present for the vote.

Moderate Sen. Susan Collins, who has opposed McConnell's efforts, said on Monday she would vote "no" on a motion to proceed.

Republicans have been under heavy political pressure to make good on their longstanding campaign promises to gut the 2010 law, which they view as a government intrusion in the healthcare market.

But the party is deeply divided between moderates concerned the Senate bill would eliminate insurance for millions of low-income Americans and conservatives who want to see even deeper cuts to the Obamacare legislation.

Republicans have been unable to reach consensus on an approach, with McConnell failing to secure enough votes for either a repeal and replacement of Obamacare or a straight repeal. REUTERS

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BROOKLYN

Teen skateboarder killed in Brooklyn hit-and-run

A teenager was killed in a Brooklyn hit-and-run Sunday when a driver plowed into him as he attempted to cross the street, reports say.

Video footage of the incident posted by the New York Daily News showed Alejandro Tello, 18, riding his skateboard down the street, coming up behind a white SUV, when Tello reached an intersection, quickly starting to cross directly in the path of the SUV, which was making a right turn. The driver then knocked Tello to the pavement, running directly over his body without stopping.

The incident occurred at the intersection of Avenue T and West 10th Street just after 3 p.m., and the driver fled the scene. Tello was rushed to Maimonides Hospital but could not be saved.

One local told the Daily News that the car had been spotted circling the block throughout the day. "The car was flying back and fourth, over and over again," he said. "I think it was a new car, and they just wanted to take it out for today."

A Brooklyn hit-and-run left a teenager dead on Sunday. TONY WEBSTER VIA FLICKR

Police are continuing to investigate and are searching for the driver, whose unoccupied car was discovered early Monday morning on Bay 14th Street. AMY RUSSO

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Coffee brand recalls brew with Viagra-like chemicals

Talk about an unexpected pick-me-up.

SUNNY MONTEFIORE
@MetroPhilly
letters@metro.us

Coffee fan? Us too. In fact, we can't imagine making it through the morning grind without a cup (or, sigh, three). As for using the stuff for a Friday night aphrodisiac? Not exactly. But for those hoping to use their caffeine jolt with a side of, well, arousal … they're out of luck as a Texas-based coffee company Bestherbs Coffee LLC has recalled all of its New Kopi Jantan Tradisional Natural Herbs Coffee. Marketed as a "male enhancement" product, purchasers likely weren't aware that this so-called "natural herbs coffee" actually had some potent ingredients omitted from the label.

Most prominently, the lab for the U.S. Food and Drug Administration found the product contained desmethyl carbodenafil, which the FDA reports is structurally similar to the active ingredient sildenafil, found in Viagra. Though customers buying a coffee marketed for "male enhancement" might be happily surprised by the outcome of a cup or two with this hidden ingredient, there are real risks. This unlisted ingredient could potentially interact with some prescription drugs that treat various disorders like diabetes, high cholesterol, heart disease and more.

The recall issued by the FDA also states that undeclared milk was also found in the coffee, which could post a serious risk to those with allergies or severe sensitivity.

Have some of their java lying around and not sure what to do? According to the FDA release, "Consumers with questions regarding this recall can contact Bestherbs Natural Coffee at 817-903-2288 or Albertyee.abc@hotmail.com, Monday through Friday 9 a.m. to 5 p.m. CST. Consumers should contact their physician or healthcare provider if they have experienced any problems that may be related to taking or using this drug product." As of yet, no illnesses as a result of consuming this brew have been reported. Talk about a wake-up call, folks.

One coffee brand recently issued a recall after it was found to contain ingredients similar to ones found in Viagra. GETTY IMAGES

- EDUCATIONAL ADVERTISEMENT -

Why Haven't Senior Homeowners Been Told These Facts?

Keep reading if you own a home in the U.S. and were born before 1955.

It's a well-known fact that for many senior citizens in the U.S. their home is their single biggest asset, often accounting for more than 50% of their total net worth.

Yet, according to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than **6.1 trillion dollars** of unused home equity.[1] With people now living longer than ever before and home prices back up again, ignoring this **"hidden wealth"** may prove to be short sighted.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured Home Equity Conversion Mortgage or "HECM" loan to turn their home equity into extra cash for retirement.

However, today, there are still millions of eligible homeowners who could benefit from this FHA-insured loan but may simply not be aware of this "**retirement secret**."

Some homeowners think HECM loans sound "too good to be true." After all, you get the cash you need out of your home but you have no more monthly mortgage payments.

NO MONTHLY MORTGAGE PAYMENTS?[2] EXTRA CASH?

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan;[2] however the homeowners are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

Another fact many are not aware of is that HECM reverse mortgages first took hold when President Reagan signed the FHA Reverse Mortgage Bill into law 29 years ago in order to help senior citizens remain in their homes.

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with HECM loan don't even bother to get more information because of rumors they've heard.

That's a shame because HECM loans are helping many senior homeowners live a better life.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that over 90% of their clients are satisfied with their loans.

While these special loans are not for everyone, they can be a real lifesaver for senior homeowners like Betty Carter, who recently took out a HECM loan with AAG so that she could finally get the extra cash she needed to fix up her house.

"With the help of AAG, I have been able to repair my home's foundation that I had been putting off for several years, refinish the hardwood floors, paint the interior and will have the exterior painted within a few days. My house is starting to look like my home again and it feels good," says Carter.

FACT: In 1988, President Reagan signed an FHA bill that put HECM loans into law.

The cash from a HECM loan can be used for any purpose. Many people use the money to save on interest charges by paying off credit cards or other high-interest loans. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a "safety net" for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make an informed decision. Homeowners who are interested in learning more can request a free 2017 HECM loan Information Kit and free Educational DVD by calling American Advisors Group toll-free at **1-800-791-7033**.

At no cost or obligation, the professionals at AAG can help you find out if you qualify and also answer common questions such as:

1. What's the government's role?
2. How much money might I get?
3. Who owns the home after I take out a HECM loan?

You may be pleasantly surprised by what you discover when you call AAG for more information today.

[1]Source: http://reversemortgagedaily.com/2016/06/21/seniors-home-equity-grows-to-6-trillion-reverse-mortgage-opportunity. [2]If you qualify and your loan is approved, a Home Equity Conversion Mortgage (HECM) must pay off any existing mortgage(s). With a HECM loan, no monthly mortgage payment is required. A HECM increases the principal mortgage loan amount and decreases home equity (it is a negative amortization loan). AAG works with other lenders and financial institutions that offer HECMs. To process your request for a loan, AAG may forward your contact information to such lenders for your consideration of HECM programs that they offer. Borrowers are responsible for paying property taxes and homeowner's insurance (which may be substantial). We do not establish an escrow account for disbursements of these payments. A set-aside account can be set up to pay taxes and insurance and may be required in some cases. Borrowers must occupy home as their primary residence and pay for ongoing maintenance; otherwise the loan becomes due and payable. The loan also becomes due and payable when the last borrower, or eligible non-borrowing surviving spouse, dies, sells the home, permanently moves out, defaults on taxes or insurance payments, or does not otherwise comply with the loan terms. American Advisors Group (AAG) is headquartered at 3800 W. Chapman Ave., 3rd & 7th Floors, Orange CA, 92868.(Licensed Mortgage Banker-NYS Department of Financial Services; American Advisors Group operates as American Advisors Group, Inc. in New York), V11082016

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EQUAL HOUSING LENDER

Everything you need to know about new Trump staffer Anthony Scaramucci

Sean Spicer is out and there's a new game in town: Anthony Scaramucci.

Scaramucci will be taking over as the communications director for the Trump administration. The name might sound new to you, but the 52-year-old had been standing in as a surrogate for Trump for a while on cable news shows and he's been vying for a position in the Trump administration since before Trump even took office.

People had been predicting an end to Sean Spicer's tenure as press secretary for months, but it wasn't until Friday that President Donald Trump made his intentions for the communications office clear.

Spicer's deputy, Sarah Huckabee Sanders, will now serve as press secretary, and Scaramucci will take on a more supervisory role.

Here's a look at Trump's new go-to guy:

Scaramucci went to Harvard and wrote books.

Scaramucci is a financier who got his start at Goldman Sachs after graduating Harvard Law School. He spent more than a decade on Wall Street and eventually started his own hedge fund, SkyBridge Capital, in 2005. He earned early fame writing books about his experiences.

He was a New York City financier.

Anthony Scaramucci rose through the financial ranks of New York City. The hedge fund he started had been estimated to be worth as much as $11.8 billion. In January, Scaramucci divested from his company in hopes of being offered a job within the Trump administration.

Scaramucci has no political experience.

Scaramucci has had no formal experience in managing communications, but even though he wasn't initially in the Trump camp, he eventually proved his loyalty and has served as a stand-in for Trump.

His loyalties vary widely.

Scaramucci hasn't had traditional experience as a politician, and as a private citizen he has supported everyone from President Donald Trump to Barack Obama to Hillary Clinton. Generally, Scaramucci has been a political supporter but he didn't always get behind Donald Trump. Initially, Scaramucci supported Republican candidate Wisconsin Gov. Scott Walker. He later supported Jeb Bush before throwing his support behind Donald Trump.

ERIN TIERNAN

Anthony Scaramucci is the White House's new communications director. WIKIMEDIA COMMONS

RUSSIA SANCTIONS

Bob Corker says no deal yet on Russia sanctions bill

The Republican chairman of the Senate Foreign Relations Committee said on Monday that the announcement of an agreement on a bill to impose sanctions on Russia, Iran and North Korea was premature.

"We still have a little work to do," Sen. Bob Corker told reporters at the U.S. Senate. However, he said he expected differences over the bill could be resolved quickly.

Republicans and Democrats in the House of Representatives and Senate Democrats had announced on Saturday that they had reached an agreement on legislation, which had been stalled for more than a month by differences between the two chambers over wording of the bill.

But Corker said that announcement "seemed somewhat premature."

"It's not quite done, but it feels like it's moving to a good place," Corker said. He said issues included North Korea sanctions that were added to a bill including sanctions on Iran and Russia that passed the Senate overwhelmingly in June.

The Senate passed the bill by a 98-2 vote on June 15. But it stalled in the House of Representatives as officials from President Donald Trump's administration met with lawmakers and told them he had concerns about provisions of the legislation, including requiring that the president get Congress' approval before easing any sanctions on Moscow.

On Monday, White House spokeswoman Sarah Sanders said Trump would examine whether the bill was offering the "best deal" for the American people, and then decide whether he would support it.

REUTERS

Vladimir Putin GETTY IMAGES

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‘The Simpsons’ turned down Donald Trump for voice cameo

But, spookily, the show predicted his ascent to the presidency.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

“Simpsons” creator Matt Groening answered questions as part of a Comic-Con panel. GETTY IMAGES

At a Comic-Con panel on Saturday, “The Simpsons” creators Matt Groening and Al Jean answered questions from fans, plugged a DVD release and made a bunch of political news.

When asked by an audience member if there was anyone that the celebrity-cameo-friendly show had turned down, Jean replied: “Let’s just say he’s the president of the United States.”

Trump wasn’t the only political roastee during the panel. Groening and Jean also revealed that the Fox network asked them to ease up on a Fox News joke that they were “not racist, but No. 1 with racists.”

“Then Bill O’Reilly called us pinheads and look what happened,” said Groening, referring to the anchor’s disappearance in a cloud of scandal.

He then led the audience in chanting “Lock him up!” — a spin on the line that defrocked Trump national security adviser Mike Flynn used against Hillary Clinton at the Republican National Convention and that became a staple of Trump rallies.

Over the past few seasons, “The Simpsons” has attracted some renown for predicting Trump’s ascent to the presidency sixteen years before it happened. In an 2000 episode titled “Bart to the Future,” an adult Lisa Simpson took over the presidency from Trump and had to fix the mess of a country he left behind.

At the time, writer Dan Greaney said it was an absurdist joke. “He seemed kind of lovable in the old days, in a blowhard way,” said Greaney. But after Trump began campaigning for president, “I see that in a much darker way,” the writer said.

The show has gone that direction in addressing the Trump presidency, bringing in disgraced President Richard Nixon for a cameo and showed Trump prepping for the job by reading “The Little Book of Big Bombs” and “Killing a Good Thing,” while press secretary Sean Spicer swung from a noose in the press briefing room.

“The Simpsons” will begin its 29th season on Oct. 1.

Demand Soars At NYC Medical Clini

Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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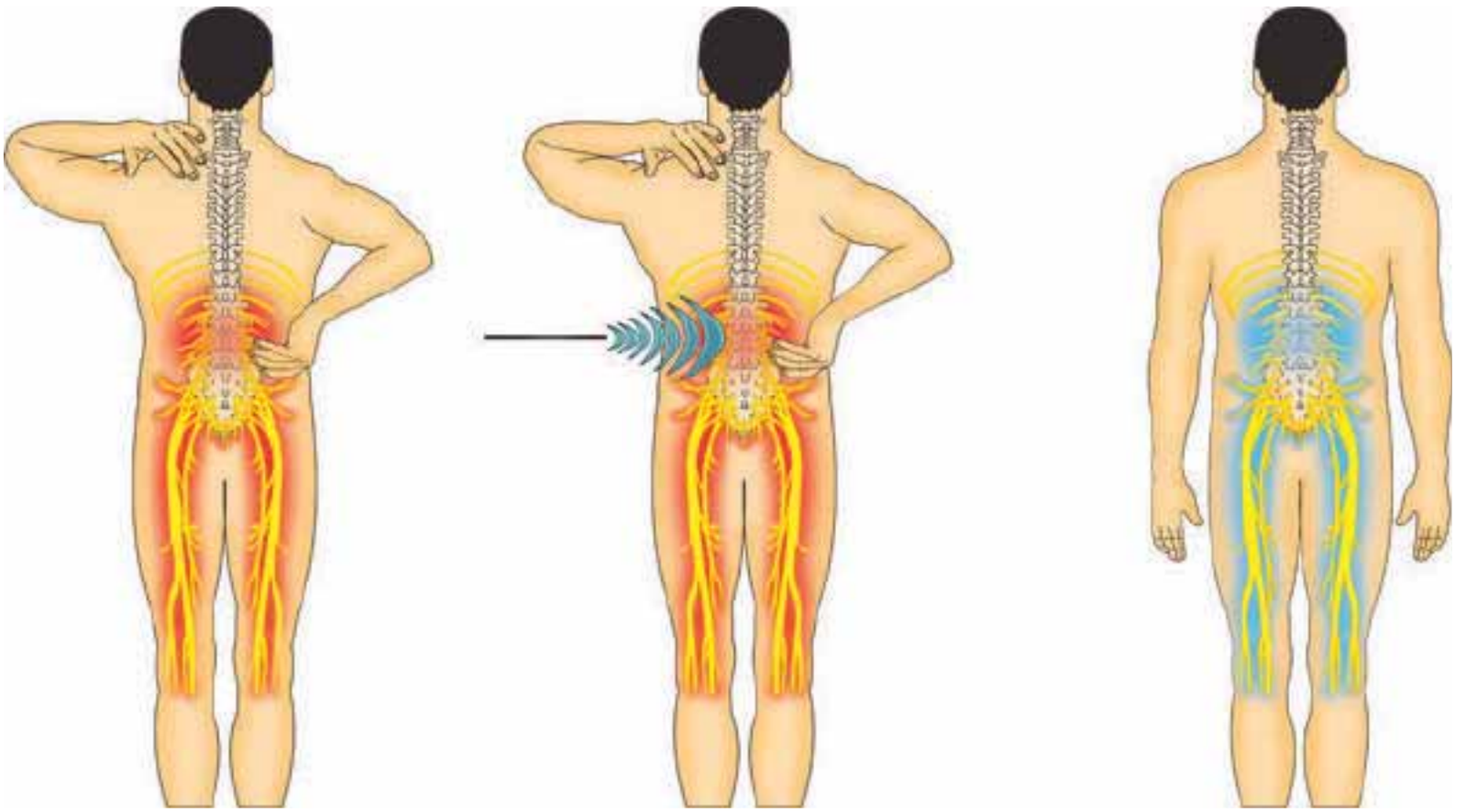

Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans an traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today

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TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Make no mistake: For months, Team Trump insisted there were no meetings with Russians during the presidential campaign. No one tied to the president shared a bowl of borscht with some guy named Boris. No one hovered over a herring casserole with Helga. And absolutely no one discussed any plans the Russians might have for meddling in the election. To borrow from the "Wizard of Oz," "Not nobody, not no how!"

But now a big question mark hangs over those denials, because it turns out there were meetings. The latest revelations are tied to President Trump's son-in-law, Jared Kushner. Kushner says he met with Russians twice during the election, and twice during the transition, and he insists it was always proper. "Let me be clear," he said, "I did not collude with Russia, nor do I know anyone with the campaign who did." This, of course, follows news that Donald Trump Jr. also went to a meeting with Russians with both Kushner and then-campaign chairman Paul Manafort in tow.

For fans of the president, it may seem nitpicky to focus on a single sentence. Still for reporters, it's hard to let this subtle yet meaningful shift go sailing by — from never had contact to never colluded. Why? Because the White House has made a cottage industry of beating the holy heck out of anyone who has dared to even ask about the possibility of such meetings.

"Russia talk is fake news put out by the Dems" and "a total scam!" the president has tweeted. "Did you or anyone in your campaign have any contact with Russia leading up to or during the campaign?" he was asked in January. "No. Not at all," he scoffed. He's said it a lot, and so has his team, time and again scorching reporters for even asking about the possibility. No, we didn't have any meetings. No, it never happened. Go away kid, you bother me.

Now we know there were meetings with Russians during the campaign, despite all those months of denials. Some of the closest members of the president's team attended, and they are saying so. And you can bet the president's opponents are hoping he pays a real price for all his howls of "fake news!"

President Donald Trump GETTY IMAGES

'Pharma bro' Shkreli says he will not testify in securities fraud trial

Martin Shkreli, the pharmaceutical entrepreneur vilified as the "pharma bro" for raising the price of a life-saving drug by 5,000 percent, said on Monday in federal court that he would not testify in his securities fraud trial.

Shkreli's statement to U.S. District Judge Kiyo Matsumoto came after jurors had been dismissed for the day in the middle of testimony from U.S. prosecutors' last witness in the case, a Federal Bureau of Investigation agent who investigated Shkreli.

Shkreli GETTY IMAGES

Prosecutors could rest their case as early as Tuesday, and closing arguments could come by the end of the week. Jurors heard opening arguments on June 28.

Shkreli, 34, outraged patients and U.S. lawmakers by raising the price of the anti-infection drug Daraprim to $750 a pill, from $13.50, in 2015, when he was chief executive of Turing Pharmaceuticals.

The charges he now faces are not related to Turing but focus on Shkreli's management of his previous drug company, Retrophin Inc, and of hedge funds MSMB Capital and MSMB Healthcare between 2009 and 2014.

REUTERS

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Charlize Theron doesn't know a Tia Mowry

What's a Tia Mowry?

Charlize Theron — "Atomic Blonde" star and dreamy, ass-kicking babe — has heard about that Tia Mowry rumor. And it's pretty clear that she doesn't even know what a Tia Mowry is.

The 41-year-old reacted to an old rumor that she was rude to Mowry after a run-in at SoulCycle on "Watch What Happens Live With Andy Cohen," because, of course.

In 2014, the um, "Sister, Sister" star allegedly told InTouch that Theron snubbed her, big time. "I said, 'Hi,' and she actually rolled her eyes and said, 'Oh my God.' … Charlize was just mean."

When Cohen asks the "Mad Max: Fury Road" star about the run in, it's pretty clear that Theron has no f—s to give. "I'm not an eye-roller," she says. "But I would be like, 'F—k off.'" Same!

Also, SoulCycle is the worst, and none of this would have happened if all celebrities were more dedicated to being couch potatoes and less dedicated to living their best, healthiest lives.

A Hilary Duff Whodunit

Hilary Duff's Los Angeles home was robbed, with hundreds of thousands of dollars' worth of property stolen, and I'm wondering which one of y'all did it? Was it you, Aaron Carter? Making off with a decades-long grudge from that time you were both teeny boppers and dated?

TMZ reports that someone broke into the "Younger" star's home Wednesday, July 19 while Duff, 29, was on vacation. Like, really on vacation. So on vacation that she shared plenty of photos of said vacation on her Instagram — which is likely what tipped Aaron Carter, I mean, the robbers off.

Burglaries are very in this year — it's basically like "Bling Ring" all over again. Celebrities have to get smarter in the digital age, probably. There has to be a way where you can post pictures of what you're doing, but also throw Aaron Carters, I mean, thieves, off of your trail.

Tell me who did it.

Allow him to clarify.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWSE STATED

Scott Disick isn't a sex addict

Did Scott Disick refer to himself as a sex addict in an episode of "Keeping Up With the Kardashians?" Yes, yes, he did. But now he's saying that you guys are being rude by calling him a sex addict because, I don't know, he lost his mind in Cannes when he was dry humping Bella Thorne in front of the paparazzi?

"I would say I think it's a little rude that everybody keeps addressing me as a sex addict," Disick told E! News over the weekend. "I just like sex, but I'm not a sex addict. I said that in a humorous, joking fashion on the show and now I'm getting billed as one, and it's not the case. I do like sex, but I am not an addict."

Oh, fantastic. Thanks for clearing that up for us, Disick!

The 34-year-old father of three also noted that his sexual appetite is super-healthy. "A gargantuan appetite, but not an addict!" Who knew Disick knew the word "gargantuan"?!

J.Lo & A.Rod celebrate their birthdays

Classic them.

INSTAGRAM/@ JLO

Alex Rodriguez and Jennifer Lopez have birthdays within three days of each other. So, naturally, they're celebrating together and making a very big deal out of it! All the Leo talk is very annoying and very classic them.

Lopez turned 48 on Monday, and Rodriguez will be 42 come Thursday. And it's incredibly special, OK!? "Their birthdays are both this week and they spent the weekend celebrating in Miami with friends and family," a Lopez source tells People. "They have almost been together for six months now, but Jen says it feels like longer. She is very happy — Alex takes great care of her. … Things are easy and fun."

Also their love is still one for the ages! "They are really into each other ,and A-Rod constantly tells her how amazing she looks and is. She is super-happy being with him ,and the kids really love him," adds a friend of Lopez's. Neat-o!

Happy birthday, both of you! You're doing great ignoring those infidelity rumors, keep at it!

Oh my God, does Charlize Theron bring the pain in "Atomic Blonde." ALL PHOTOS JONATHAN PRIME

Don't underestimate Charlize when she's dolled up.

How Charlize Theron became an action goddess

The Oscar-winner kicks all the butt in "Atomic Bride." Don't be surprised.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In "Atomic Blonde," Charlize Theron smashes a guy in the face with a hot plate. She pummels a baddie silly with the heel of her shoe. It's Charlize as we've never seen her: as a full-on, knock-down, drag-out action goddess. And given the chance, she puts all of her "Fate of the Furious" cast members to shame — well, maybe not Jason Statham.

Thing is, this isn't that surprising. Theron's done action before — or appeared in action movies, we should say. "Mad Max: Fury Road" was only two years ago. Granted, as vengeful savior Furiosa, she didn't get much of a chance to lob hurtin' bombs; she was mostly behind the wheel, driving, with steely determination, a monster of a truck across the Australian Outback. But when she got the chance to do more — say, go *mano-e-mano* with Tom Hardy's Mad Max 2.0 — she brought the pain. Hell, Furiosa tore off the main villain's mouth.

Action movies have largely confined Theron to the sides. Even as the villain of "The Fate of the Furious," she spends most of her time in front of computers, away from the gravity- and science-defying mayhem. But she always looks driven. In "The Italian Job," her first action movie, all the dudes are thrill-seekers, jokesters, boys who will be boys. But her character is serious, laser-focused, out to get the monster (Edward Norton) who killed her father (Donald Sutherland). Adding worse to worse, Theron's also a dancer. She can move — and "Atomic Blonde" is proof of it, and how.

But there's a deeper reason "Atomic Blonde" Charlize isn't a shock: Theron is a shape-shifter. Poring over her filmography, it's clear she's changed directions as quickly as Lorraine, her MI6 bruise in "Atomic Blonde," can take out a roomful of minions. First she was yet another model-turned-actress. Then she revealed she could be funny. Then she turned into a serious, Oscar-winning thespian. Then she morphed into a hero in dumb wouldbe-blockbusters. Then, at the Hollywood-old age of 37, it turned out she could be a to-die-for villain as well. And now, lo and behold, she's a fast and furious action star now, too.

In other words, Charlize contains multitudes. She's a renaissance woman, a more respectable Max Fischer, always adding new talents to her résumé. If we can play armchair psychologist, we'd like to think what drives her is the need to defy low expectations. Yes, she started out as a model who wanted to act. Theron must have known that she'd be seen as a cliché, a statistic, bound for failure. We'd like to think, when she arrived in Hollywood, she stared at the sign affixed to Mount Lee and thought, "I'll show them."

And she did. Then she got older — by Hollywood standards. By the time she wound up as the aging, bitter villain in "Snow White and the Huntsman," terrorizing the new class of Hollywood female royalty (Kristen Stewart), she wasn't even yet 40. You can see the rage at a system that was already putting her out to pasture.

But you can also sense pride. She steals "Snow White and the Hunstman" (and its dopey sequel), vamping regally, purring threats and insults, wielding her anger like one of the proton packs from "Ghostbusters" and firing it anyone who would doubt her. The role tells us what "Atomic Blonde" says in spades: Never underestimate Charlize. Otherwise, you'll get a champagne bottle broken in your eye.

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Jason Bateman on how his 'Ozark' character stacks up with Walter White

If you tune into "Ozark" expecting to see Jason Bateman play another doting dad like Michael Bluth, think again.

In the new Netflix series, the 48-year-old star plays a financial planner named Marty Byrde who's forced to move his family to the Missouri Ozarks from Chicago after falling into debt with a drug lord. As you can imagine, there's plenty of criminal intrigue, action and drama going on in the show, but it was the behind-the-scenes opportunities that really attracted Bateman to "Ozark."

"I said, 'If they're interested in allowing me to executive produce, oversee the whole project and direct every episode, then that's kind of in line with what we're looking for, which is an escalation in scope and scale,'" he says. "I eventually talked [the head of Media Rights Capital] into it, and we sold it to Netflix and off we went."

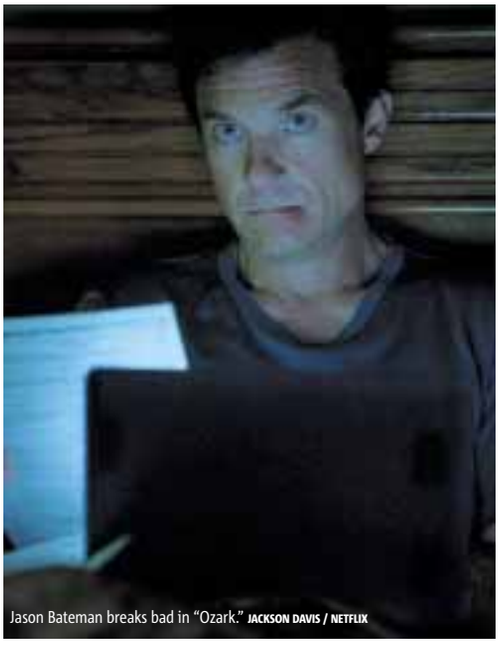
Here's what else he had to say about the series and how it compares to "Breaking Bad."

What are your thoughts on all the "Ozark" and "Breaking Bad" comparisons?
We're obviously flattered to be compared to something that was so well received, so well done. I understand the basic premise and concept of it that might have some baked-in-the-cake similarities, but we have something that is its own thing. The only time we really talked about "Breaking Bad" was we knew we didn't want my character do the same thing that Walter White did, where he sort of leaned into that criminal world. They did that so well and we weren't interested in stealing or replicating that, especially since my guy starts as a guy already involved in criminal stuff.

Would Marty be buds with Walter White?
They're probably both smart enough, arrogant enough and filled with enough hubris to actually think the other guy is kind of a fool.

Did living in Boston as a kid impact you at all?
I was only there between the ages of 2 to 4, but I went back there and visited a few years ago. I just kind of saw the style of residential architecture and the mature trees, everything is so wooded there. I realized this is probably where a lot of my affinity for all that got started, and I simply don't remember it. It's just a beautiful state and the city itself is filled with all the American history you could want as well as all the modern cosmopolitan elements that are kind of cool to be around. I love it there.

MATT JUUL



Jason Bateman breaks bad in "Ozark." JACKSON DAVIS / NETFLIX

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Please consider joining Joe Mande's cult

The comedian and reluctant internet troll on his new Netflix special.

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

Joe Mande's Netflix special, "Joe Mande's Award-Winning Comedy Special," probably won't win any awards, but it is certainly a unique take on the stand-up comedy genre. Playing with a variety of comedic forms, the special has elements of stand-up and sketch comedy sprinkled with observational and cringeworthy humor. "I don't want anything I do to ever feel stale," says the 34-year-old, best known, perhaps, for buying 1 million followers from an Eastern European bot lord.

Some of the jokes in the special are admittedly on the lazy side — surely comedians have exhausted every take on morning wood by now — but one thing is for sure: The comedian is pretty entertaining to chat with. We talked to Mande about getting blocked by Russell Crowe, joking about ISIS and how Trump's America is basically like living in Mordor from "Lord of the Rings."

You do stand-up, you write for "The Good Place" and you're an actor. You're doing a lot.
You can put actor in quotation marks.

You're described on Wikipedia as a comedian, a writer and an internet troll. What's it like to be a professional internet troll?
I'm not! That keeps getting erased, so there's just this one person that keeps defacing my Wikipedia page, and now this person — I'm assuming it's a he — found some sort of citation. Whatever. My whole attitude about that sort of thing when I get upset is Antarctica's melting, so who cares what my Wikipedia says? (Laughs.) We're all going to be underwater, we're all going to die.

GETTY

Is the "professional troll" bit just because you bought a million followers from a European bot lord? Or because you've been blocked and unfollowed by the likes of Russell Crowe and Jessica Alba?
I sort of gravitate to getting into fights with people online. But I was a little bit more unhinged a few years ago. I used to get a thrill out of getting blocked by people and stuff, so I get it. But it's annoying that that's my biography.

You talk about your love for ISIS videos and their high quality production in your special. How are you not scared the government is going to come knocking on your door?
Nothing's happened yet. I've sort of had the same "whatever" attitude, I've just been assuming the government has been monitoring me. I used to just on the regs send pictures of d— to Newt Gingrich or Mitch McConnell [on Twitter]. So I assume I'm just on a bunch of lists. Besides, you don't have to dig very deep to find ISIS videos. They know what they're doing.

That joke ended up working [for the special] but the first 20 times I did it, I've never had a joke bomb harder. People were so uncomfortable and I was essentially defending ISIS. So it took me a while to figure out what the actual joke was.

Your Twitter is very political. What makes you the most furious about Trump's presidency?
There's a sense that we're living in Mordor or some s—, it's so evil. It's like, "We can get away with this for a short amount of time, so let's just do as many awful things as possible." And as a comedian, I find it frustrating because it's beyond parody.

In an interview you did last year, you said you were trying to become a cult leader, a regular Ron L. Hubbard. How's that going for you?
It's not going great. I'm working on it. I was actually talking to the guy who runs my website, I told him we need to ramp it up for the special because I've devoted my whole website to this cult-leader thing. I'll be working on "The Good Place" for another month, and then I'll have time to really focus on becoming a cult leader. I'm just really busy right now and I don't want my cult be half-baked.

"Joe Mande's Award-Winning Netflix Special" premieres on Netflix on July 25.

Joe Mande's special touches on a great variety of things, from "Shark Tank" pitches to Jewish summer camp. NETFLIX

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These sexy rugby bachelors want you

Come one, come all to the Gotham Knights date auction for a night of fun to support the team.

ELIZABETH WHITE
@MetroNewYork
letters@metro.us

The Gotham Knights (and one surprise bachelor) are ready to show you how gentleman hooligans have fun. PROVIDED

Ever wanted to go on a date with a rugby player? Well, now's your chance!

The Gotham Knights Rugby Football Team is hosting a bachelor auction with the gay social-networking website Hornet on July 26 at 7 p.m. at the birthplace of the gay rights movement, the Stonewall Inn. The Knights are New York's only gay/inclusive rugby team who play in the International Gay Rugby league.

"One of my favorite sayings about rugby is that it's a hooligan sport played by gentlemen," says David Clarke, member of the Gotham Knights and one of the eligible bachelors.

Drag queen Mya Butthurtz will begin the night with a performance then emcee the auction, which is free to attend. The bachelors are "encouraged to do whatever it takes to keep the bidding going," according to Clarke.

Ten members of the Gotham Knights will be auctioned, along with one surprise bachelor.

Not only will the highest-bidding guest walk away with a date with a hot rugby player, he'll also win an exciting night out on the town. Date packages — which the guys could customize — include tickets to a Broadway musical and a wine-tasting tour.

The Knights invite everyone to attend and bid on the bachelors "regardless of age, race, ethnicity, sexuality, gender identity, religious views or country of origin," as inclusion and diversity are the principles on which the team was founded.

"That's one of the benefits we have, being a social team," Clarke says. "We take our competitions very seriously, but we also take that aspect of being a safe and social place for everyone seriously as well."

The Knights are raising money to fund their trip to the next Bingham Cup, the World Cup of gay rugby, which is being held in Amsterdam in the summer of 2018. The Gotham Knights are ranked second nationally and fifth internationally.

"The Knights have a desire to make rugby as inclusive as a sport as possible," Clarke says, "to get gay men and even trans men interested in the sport and out there on the field."

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— Luann, 42

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Healthiest summertime foods

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What to eat to make the most of the season and also, what to avoid.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Summer is a time to wander farmer's markets, have picnics in the park and relax at barbecues. What do all three of those activities have in common? Eating. While everybody knows burgers and hot dogs aren't the best for you, when it comes to other culinary options we associate with the summer, making the healthiest choice isn't always as obvious.

Kayleen St. John, executive director of nutrition at Euphebe, suggests her favorite summer produce and tells us what "healthy" summertime foods we'd do better to avoid.

Seasonal produce

"I love any fresh green in the summer for a light-feeling salad," says St. John. The next time you're at the farmer's market, explore the bounty of leafy greens — whatever's fresh and local will have more antioxidants, she says.

St. John also goes for radishes, which are antioxidant-rich, Vitamin C powerhouses. And don't toss the radish greens — you can chop them up to add to a salad, or sautee with garlic and olive oil for a veggie side.

Fruit-wise, cherries are a summer treat that are also high in potassium and can help alleviate bloat.

St. John loves summer zucchinis because their high water content makes them a hydrating choice for the summer. She recommends making a zucchini gazpacho, blending the vegetable with onion, olive oil, cashews, basil and lemon juice, served chilled.

Don't be fooled by the low calorie count. INSTAGRAM.COM/HALOTOPCREAMERY

Go easy on the juice

"A fruit or veggie juice may seem like a 'light' lunch option come summertime, but these juices can be a downfall," she explains. They won't fill you up and they could cause a blood sugar/insulin spike. Go for smoothies instead — to keep the sugar down, add less than one cup of fruit and instead focus on fiber-rich greens and protein via nuts or seeds.

Be wary of "healthy" ice cream replacements

You've probably heard of trendy ice cream alternatives such as Halo Top or Arctic Zero. They have fewer than 300 calories a pint, but that doesn't mean they're good for you. "These usually contain prebiotic fibers and sugar alcohols, two ingredients known to cause gas and bloating," St. John explains. Halo Top contains the sugar alcohol erythritol.Both ice creams contain hard-to-digest fibers: chicory root in Arctic Zero, and unspecified dietary fiber in Halo Top. "When in doubt, stick to a whole-food ingredient list," she advises.

The lowdown on meats

While subbing in tofu or turkey dogs might seem like a low-calorie alternative at a summer barbecue, they're often so highly processed, you're better off with the real thing, says St. John. In general, watch out for meats you throw on the grill. According to the National Cancer Institute, animal products cooked over an open flame release chemicals that may increase the risk of cancer.

Stopping heart disease before it starts

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When you think of someone with cardiovascular problems, a preschooler isn't the image that's likely to spring to mind. Indeed, according to the Centers for Disease Control and Prevention, 28.1 million U.S. adults have been diagnosed with heart disease. But every one of those 28.1 million adults was once a toddler, when the habits that contribute to heart disease begin to take root. Mount Sinai Health System kicked off its Familia program in 2015 with the aim of reaching kids (and their caregivers) at this critical stage and teaching them to make healthy choices, setting them up for a heart-healthy lifestyle that will reduce their chances of developing cardiovascular problems when they are adults. We spoke with Dr. Valentin Fuster, director of Mount Sinai Heart and physician-in-chief of the Mount Sinai Hospital, who pioneered similar successful programs in Colombia and Spain.

Why did you decide to target children and their caretakers in Harlem?
Basically, we have good data, successful data in addressing children between age 3 to 6. [We spend] 70 hours over a six-month period with these children, teaching them how the body works, exercise, the right nutrition, and how to control emotions. How to say no when they're confronted in the future with alcohol, tobacco, and so forth. There is good data that whatever goes on between 3 and 6 really models the behavior of when we are adults. Adults usually do not listen, or we do not really take care of ourselves, unless we work on a community basis.

Familia was modeled after similar programs you led in Spain and Colombia. What were the outcomes of these programs?
The results were fantastic. What we measured there was knowledge, attitude and habits in Colombia. We surveilled these children three years after intervention [to see] what their knowledge was about risk factors leading to cardiovascular disease. We analyzed the attitude and whether they were already having habits in favor of health. It was very positive.

Then we went to Spain with 2,000 more children. There, we had weight and exercise in addition to knowledge, attitude and habits.

What benefits do you see in their caretakers?
The children listen, and you have a tremendous impact spending many hours really teaching health. And in the adults, we prove it's the community work. The adults need community to really get engaged and to be motivated.

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The kids in the Bronx are alright

It has not been an easy month for the Yankees as they continue to slip down in the American League standings. During such a difficult time, a lot of pressure has been put on the team's youngest players, who continue to produce. While this season might not end with a ring, the future remains bright as we take a look at the team's biggest contributors who are 25 years old and under.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Metro Stats Session

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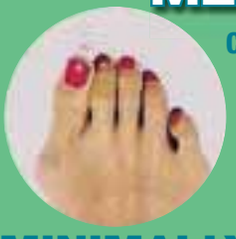

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Melo, Thunder share mutual interest

Oklahoma City has come out of nowhere to enter the Anthony sweepstakes.

JOE PANTORNO
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Looks like there is a new suitor for New York Knicks veteran small forward Carmelo Anthony, and there could be mutual interest.

The Ringer's Bill Simmons reported on Monday that the Oklahoma City Thunder and Carmelo Anthony are "officially circling each other."

The Anthony trade saga has been a frustrating and exhausting one at times for the Knicks.

The 10-time All-Star was willing to waive his no-trade clause only if he was to be dealt to either the Houston Rockets or Cleveland Cavaliers.

Since Kyrie Irving made it public that he wants to be traded from the Cavaliers — with one of his preferred destinations being the Knicks — Anthony lost interest in Cleveland and wanted to go to Houston only.

Had he still been interested in joining up with LeBron James, the Knicks actually might have found the right deal with the Cavs. New York could have packaged up Anthony along with one or multiple first-round draft picks for Irving, giving the Knicks their best point guard in decades.

Prior to Irving's trade request, neither the Rockets nor Cavaliers held assets that would have provided a beneficial return for the Knicks, which forced the interested sides to look for a third or fourth team to complete a deal.

Oklahoma City doesn't necessarily have that much to offer the Knicks either, which would make a trade unlikely unless more teams are introduced.

But it is understandable why Anthony would be interested in joining the Thunder. With reigning MVP Russell Westbrook coming off a historic season, he has been paired up with All-Star guard Paul George, who was traded from the Indiana Pacers earlier this month.

Anthony going to Oklahoma City would rival what the Rockets have put together after acquiring Chris Paul to work alongside James Harden. However, everyone would still be looking up at the unbeatable team that is the Golden State Warriors.

Much like they did for Paul George, the Thunder have surprised many in their interest of Carmelo Anthony. GETTY IMAGES

METRO QUICK HIT

ROSE SIGNS WITH CLEVELAND CAVALIERS

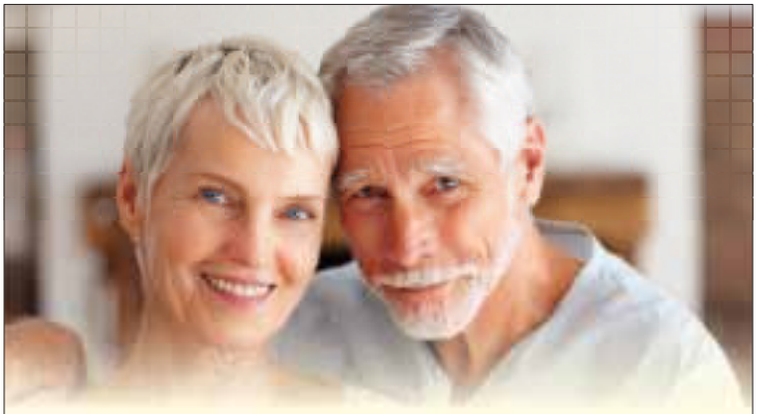
Free-agent point guard Derrick Rose, who spent last season with the New York Knicks, signed a one-year, $2.1 million contract with the Cleveland Cavaliers on Monday.

Rose met with the team in Ohio to discuss the deal earlier in the day, which came shortly after he partook in talks with the Los Angeles Lakers on Friday.

With Kyrie Irving's sudden trade request, Rose will offer a lesser alternative should the 25-year-old All-Star point guard be dealt within the coming days.

Rose averaged 18 points and 4.4 assists per game in his lone season with the Knicks. Regardless of those solid numbers, the unreliable guard was not the answer to New York's point guard woes.

New York selected Frank Ntilikina with the eighth-overall pick of the 2017 draft, but the 18-year-old still needs time to acclimate to the NBA game.



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CRUNCH TIME

MATT BURKE

Lindsey Vonn, the Olympic skier who dated Tiger Woods for a hot minute, may have her eyes set on some more contemporary kings of sport. Vonn posted a pic of herself and another young lady sandwich-hugging golfer Jordan Spieth on Sunday night, just after Spieth won The British Open.

"Congrats CHAMP!!!," she wrote.

OK, innocent enough.

But the social media pat on the bum comes on the heels of her fighting off rumors that she's dating Packers QB Aaron Rodgers. Vonn flat-out denied those rumors recently.

The official record still has Vonn dating Kenan Smith, who was a low level assistant coach for the LA Rams before he was fired this past spring along with the entire Jeff Fisher administration. Clearly Vonn is looking to upgrade, or at least get some A-list summer lovin'.

THE ART OF TRASH TALK

The sh—talking in the NBA isn't quite up to snuff to the UFC's, as Conor McGregor shredded Draymond Green this past weekend. McGregor recently wore a No. 23 Warriors jersey, and Green (who currently wears No. 23 for the Warriors) took to Instagram to tell McGregor that he was rooting for Mayweather in the upcoming fight.

"We rocking with Floyd bro not you … take that off bruh @theNotoriousMMA," Green posted.

McGregor quickly replied, making clear it was the jersey of former Warriors player CJ Watson.

"That's CJ Watson mate," McGregor replied. "I don't know who the f--- you are. No disrespect tho kid, keep hustling and stay in school.

"Now ask yourself why I'm rocking CJ when I don't know or give a f--- about basketball. I dribble heads off the floor. Not a ball. This is no game here kid."

I mean … that's just perfect.

The Watson jersey has great significance in that Mayweather's ex-girlfriend, Josie Harris, had a relationship with Watson around the same time she was seeing Mayweather.

Are you or a loved one suffering from Alzheimer's disease?

NYSPI IRB Approved 3/10/2017 -> 3/3/2018

Free Treatment for individuals ages 55-95 with Alzheimer's disease who have symptoms of Agitation or Aggression

In this research study, eligible participants will receive free:
Medical evaluation
Monitoring of memory and other intellectual functions
12 weeks of study treatment with subsequent follow up

A caregiver needs to be involved during the research study period

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

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Where: Columbia University Medical Center

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- have a body mass index > 25 kg/m2
- were recently diagnosed with Obstructive Sleep Apnea
- planning to use continuous positive airway pressure (CPAP)

Duration:
- 9 weeks
- 2 periods of 1 day spent in the laboratory

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Your participation will help us better understand the impact of sleep and CPAP treatment on body weight control.

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Please email **as4874@columbia.edu** or **call** 212-342-4487 for more information.

Columbia University IRB

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NYSPI IRB Approved 9/8/2015 -> 9/3/2016

Are you worried about your own memory or the memory of a loved one? Is there a history of Dementia or Alzheimer's Disease in your family?

This is a research study for individuals **age 55-95** with memory complaints to see if one's sense of smell can predict response to memory treatment.

If eligible, participants receive:
- Medical evaluation
- 1 year of treatment for memory deficits
- Memory/cognitive performance monitoring by experts
- Sense of smell testing
- Monetary compensation

If interested, please call
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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.

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Do you or someone you know suffer from Eczema?

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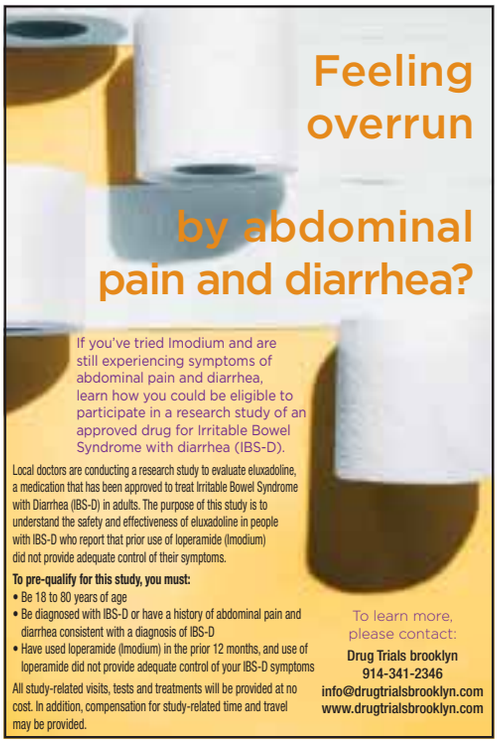

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All study-related visits, tests and treatments will be provided at no cost. In addition, compensation for study-related time and travel may be provided.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
CITIBANK, N.A., AS TRUSTEE FOR STRUCTURED ASSET MORTGAGE INVESTMENTS II TRUST 2007-AR5, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2007-AR5; Plaintiff(s) vs. FAITH ESIMAI; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about January 11, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25.
On August 25, 2017 at 10:00 am.
Premises known as 205-21 110TH AVE, SAINT ALBANS, NY 11412
Block: 10945 Lot: 127
ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $621,324.77 plus interest and costs.
INDEX NO. 14097/12
Arthur N. Terranova, Esq., Referee

NOTICE IS HEREBY GIVEN that a license, Number 1304108, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 89-17 Northern Blvd. Jackson Heights, NY 11372, for on premises consumption. Om Wok Restaurant Inc.

LEGAL NOTICES

SUPREME COURT COUNTY OF QUEENS
ARCPE 1 LLC, Plaintiff
Against PAUL GUILLAUME, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on May 30, 2017. I, the undersigned Referee will sell at public auction at the Queens County General Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 18th day of August, 2017 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 107-42 166th Street, Jamaica, N.Y. 11433. (Block: 10169, Lot: 100)
Approximate amount of lien $ 885,111.25 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 19167/08.
Dominic L. Chiariello, Esq., Referee.
Fein, Such & Crane, LLP
Attorney(s) for Plaintiff
28 East Main Street
Rochester, N.Y. 14614
(585) 232-7400

NOTICE OF FORMATION of TSB Enterprise LLC. Articles of Org. filed with the Secy. Of State of New York (SSNY) on 06/23/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Sam Sun Noh, 517 Second Ave., New York, NY 10016. Purpose: any lawful activity.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1302692, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Tavern under the Alcoholic Beverage Control Law at 24 East 94th St., New York, NY 10028. New York County, for on premises consumption. 97 Coffee & Wine LLC d/b/a 97 Coffee & Wine.

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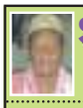

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24 Allow
27 King
28 Seneca's twelve
29 Omaha's state
34 Standing wide open
37 "Star Wars" knight
38 Coach's responsibility
39 Burger mate
40 Ceiling
41 Wild about
42 Diving bird
43 I cannot tell -- --
44 Lugs along
45 Totally inadequate
47 Outlaw
48 Groom's reply (2 wds.)
49 Visits briefly (2 wds.)
54 Romp
57 Dined on
58 Canadian prov.
59 Prankster
60 Going over again
63 Mr. Zola
64 Metallic element
65 Move very slowly
66 Obie relatives
67 Mice, to cats
68 Come together

Down
1 Brisling
2 "Hasta --!"
3 Oblige
4 "Bien" opposite
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6 Singer Bonnie --
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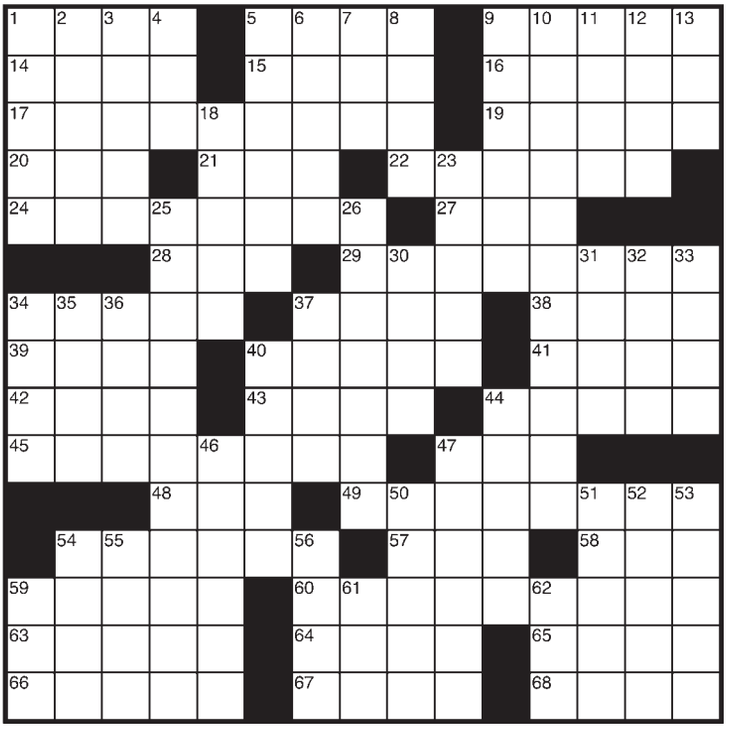

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Aries You'll face secretive opposition. Be careful whom you trust with your ideas and personal information. Refuse to overreact or show excessive or impulsive tendencies.

Taurus Avoid emotional situations that have the potential to put you in an awkward position. Social or networking events are best handled responsibly.

Gemini Changes at home will be beneficial. Take care of personal, financial, medical or legal matters. You stand to gain ground if you are detailed and energetic in your pursuits.

Cancer You may not like change, but accepting the inevitable will allow you to move forward even if you don't like the prospects you are offered. The benefits will unfold in time.

Leo Don't put up with nonsense or situations that are dragging you down. It's up to you to take a stand and make the changes that will bring greater joy to your life.

Virgo Take note of what's happening around you. Work to take advantage of an opportunity to make a positive change. Taking a business trip or attending a retreat is encouraged.

Libra Get involved with others. Attend a conference, seminar or retreat to gain greater awareness and knowledge. Taking short trips or updating your look is favored.

Scorpio Consider your vocational options. A deal you are offered will not be as good as you are led to believe. Question its terms and negotiate on your own behalf.

Sagittarius Emotional distress will occur if someone is not being honest about his or her feelings. Say what's on your mind and move forward.

Capricorn You are best off doing your own legwork when dealing with personal financial matters. Someone will offer you an inflated picture of what you can expect.

Aquarius Self-deception or emotional manipulation is possible if you don't look at the big picture and ask relevant questions. Get the facts before you make a move.

Pisces Work in unison with someone you respect or who has the same values as you. What you offer will make a difference. Changes are heading your way. EUGENIA LAST

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P	I	L	L	S	■	B	E	A	U	■	A	G	U	A
I	N	S	O	U	C	I	A	N	T	■	V	A	M	P
E	X	E	C	■	O	E	R	■	T	W	E	R	P	S
■	■	■	K	I	D	■	T	R	A	I	N	■	■	■
A	T	T	I	R	E	D	■	A	L	L	S	T	A	R
D	R	O	N	E	■	A	L	I	K	E	■	Y	M	A
L	U	N	G	■	B	R	A	S	S	■	G	R	O	G
I	C	I	■	L	A	N	C	E	■	M	O	O	R	E
B	E	C	A	U	S	E	■	S	E	T	T	L	E	D
■	■	■	C	R	E	D	O	■	A	V	G	■	■	■
E	S	T	E	E	M	■	G	R	R	■	O	O	P	S
N	E	A	T	■	E	L	L	I	P	T	I	C	A	L
O	M	N	I	■	N	O	E	L	■	A	N	T	S	Y
W	I	S	C	■	T	O	R	E	■	E	G	O	S	■

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